

Monthly Events!

DANCE: THE VIDALS

WHEN: Thursday, May 7 | 1:30 – 3:30 p.m. | AUD

Enjoy the dance, prizes and refreshments for just \$4.
Sponsored by Las Villas de Carlsbad.

BOOK CLUB

WHEN: Monday, May 11 | 1 – 2:30 p.m. | MP

“The Boys in the Boat” by Collen McCullough. June’s book selection is, *“Orphan Train,”* by Christina Baker Kline.



MOVIES

WHAT: *St. Vincent*

WHEN: Thursday, May 14 | 1 – 3 p.m. | AUD

With his parents preoccupied with their divorce, lonely 12-year-old Oliver strikes up a friendship with his war-veteran neighbor Vincent. A hard-drinking gambler with a fondness for hookers, Vincent finds his life changed by the boy’s presence. Starring Bill Murray and Melissa McCarthy.

WHAT: *Wild*

WHEN: Thursday, May 21 | 1 – 3 p.m. | AUD

Undone by a broken marriage and her mother’s death, Cheryl Strayed has been on a years-long reckless tear, fueled by addiction and despair. In a bid to save her life, she decides to hike the entire Pacific Crest Trail – alone and with no experience. Starring Reese Witherspoon. Join us for these **free** movies and popcorn!



Newsletter now online!

Help us save printing costs by subscribing to the newsletter online.

Go to www.carlsbadca.gov/parksandrec, and click the email notifications button. Then select Parks and Recreation: News & Events for Adults 50+. Visit the front desk for more information.

Organization Contacts

Aging and Independence Services for AIS assistance, information for reporting abuse	800–510–2020
Carlsbad Housing & Neighborhood Services	760–434–2810
Carlsbad Police (Non–Emergency) & Fire Departments.....	760–931–2197
DayTripper Tours	800–679–8747
Elder Abuse in Facilities	800–640–4661
Health Counseling & Advocacy (HICAP)	800–434–0222
In Home Supportive Services, North County	760–480–3424
Medicare.....	800–633–4227
Senior Shield Scam Hotline	858–715–1648
North County Coastal Mental Health Services.....	760–967–4475

DIGITAL PHOTO & IPAD CLASSES

These classes are taught by instructor, Mike McMahon, are free and available on a first-come, first-served basis. **Please bring note-taking material.**



WI-FI AND BLUETOOTH – NEW

Wednesday, May 27 | 10 – 11 a.m. | ACT

As smartphones and tablets become more popular, the networking features of Wi-Fi and Bluetooth are becoming more commonplace. Mike will present an overview of these two technologies including demonstrations of both. Learn how these technologies can help you with your mobile devices.

PHOTOSHOP – SELECTIONS & COMPOSITING – NEW

Wednesday, May 27 | 1 – 2 p.m. | ACT

Understanding how to make selections is a critical skill for advanced editing in Photoshop/Photoshop Elements. Mike will demonstrate selection tools including the Refine Edge feature. We will then select and extract an object from one image and merge it with a second photo to form a composite image. This class will be helpful for users of both Elements and full Photoshop.

COMPUTER CLASSES AT THE SENIOR CENTER

NEW LOWER PRICES! Lavi Istrate is a credentialed computer instructor with a passion for teaching that has continued for more than 25 years. Her teaching techniques incorporate useful hands-on projects that come in handy for any household.

Digital Pictures and Your Computer (3)

May 11, 10 a.m. – Noon | 31.50R/\$35NR

Advanced: Internet/Email (3)

May 11, 1 – 3 p.m. | 31.50R/\$35NR

Senior Center Contacts

Activities Coordinators, Valerie Fisher & Patti Gebel	760–602–4654
Dining Room Reservations (24 Hours)	760–602–4655
Facility Reservations, Robert Harvey	760–602–4659
Front Desk (general information)	760–602–4650
Home Meal Delivery, Vincent Rodrigues.....	760–602–4652
Legal Assistance	760–439–2535 x 205

Online Reservations: www.carlsbadca.gov/parksandrec

* Free walkers, canes and wheelchairs are available for check-out to Carlsbad residents.

Carlsbad Senior Center

Seaside Buzz

MAY 2015 NEWSLETTER



Meet the instructor and try the class, and only pay if you decide to sign-up for future classes! Available to new students only.

WHAT: Tappercize

WHEN: Friday, May 1 | 11 – Noon | DS

Students learn basic tap steps and dance to the oldies of the 30’s, 40’s and 50’s.

\$33.30 resident | \$37 non-resident

WHAT: Zumba Gold

WHEN: Monday, May 4 | 11 – Noon | DS

Specially choreographed for the active 50+ crowd, it uses Latin rhythms to inspire moves that exercise your brain, heart and body.

\$26.90 resident | \$29 non-resident.

CRAFTING WITH ANA

WHEN: Saturday, May 16 | 10 – 11:30 a.m. | ACT

Feeling crafty? Come by and make a butterfly and flower collage. No experience needed for this easy and fun project. All materials are supplied. Space is limited, register in advance by calling 760-602-4650.

MAXIMIZING YOUR BRAIN HEALTH

WHO: Alzheimer’s Association San Diego Chapter

WHEN: Thursday, May 21 | 10 – 11:15 a.m. | ACT

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and reduce the risk of cognitive decline. Join us to learn more about the lifestyle habits that are associated with healthy aging: cognitive activity, physical health and exercise, diet and nutrition and social engagement.

THE FIVE WISHES WORKSHOP

WHEN: Tuesday, May 26 | 10:30 – 11:30 a.m. | ACT

The Five Wishes™ document helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It is unique among all other health agent forms because it addresses all of a person’s needs: medical, personal, emotional, and spiritual. Five Wishes™ also encourages discussing your wishes with your family and physician. Join us as we review and complete this document, as well as offer advice on starting the dialogue. Presented by **Elizabeth Hospice**.

The Carlsbad Senior Center accepts donations of wheelchairs, walkers and canes in good condition.

WALK CARLSBAD’S COASTAL RAIL TRAIL

WHO: Carlsbad Walks! MeetUp Group

WHEN: Wednesday, May 27

Join a special Carlsbad Walks! MeetUp event to celebrate adults 50+ in our Carlsbad community.

Seniors interested in joining us can learn more about the trail by visiting, <http://www.carlsbadca.gov/services/depts/parks/open/trails/talk/coastal.asp>. Time to be determined, call the front desk at 760-602-4650 for more information.

SPRING VIOLIN AND PIANO CONCERT

WHO: Frances and Elizabeth Monacelli

WHEN: Wednesday, May 27 | 1 – 2 p.m. | AUD

Come listen to an afternoon of beautiful classical music performed by Juilliard trained mother/daughter team, Frances and Elizabeth Monacelli. Frances (82), is a pianist and former Metropolitan Opera soprano. Daughter Elizabeth, performs with the San Diego Symphony and is founder and music director of the Fallbrook Chamber Orchestra. Elizabeth performs on a violin made by her father, Vincenzo Monacelli. Works include Bach, Handel, Italian, Chinese and Broadway songs.

STROKE PREVENTION

WHO: Dr. Jack Schim, Tri-City Medical Center

WHEN: Thursday, May 28 | 10 – 11:30 a.m. | ACT

Two key steps you can do to lower your risk of death or disability from stroke: control stroke’s risk factors and know stroke’s warning signs. Information that will be discussed at this seminar are:

- Types of strokes
- Recognizing the signs and symptoms of a stroke
- Personal risk factors for a stroke
- The importance of calling 911

Dr. Schim is the Medical Director of the Stroke Program at Tri City Medical Center. Tri-City Medical Center is certified by the Joint Commission as a Primary Stroke Receiving Center.

ARTIST OF THE MONTH

They met in art class and combined energies, experiences and talents to bring us “We Three,” a collaborative art show on display at the Senior Center this May. Meet June Sablan, Jacki Trost and Jennie Matthews in person at the artists’ reception, Saturday, May 9 from 10 a.m. to 12:30 p.m.

May 2015 Activities Calendar

New Session Start Dates in Blue
Senior Specials in red
* Pre-registration required
** Pre-register with MiraCosta (760-795-8710)

ACT Activity Room CR Conference Room LG Lounge
AUD Auditorium DN Dining Room MP Multi-purpose Room
ART-S Art Studio DS Dance Studio P Patio
COM Computer Room GR Game Room
PARK Pine Ave. Park
119 Room 119
120 Room 120

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
WEEKLY PROGRAMS	9 – 11	Writers Group	MP	8 – 11	Needlecraft	ART-S	9:30 – 10:30	* Better Balance & Mobility	DS	8:45 – 9:45	* PiYo (Pilates & Yoga) (5/7)	AUD	9:15 – 10:15	Spanish Flamenco Dance	DS				
	9 – 12	Spanish – Levels I, II & III (NO classes 5/11 & 18)	ART-S	9 – 10	* Aerobic Dancing – Lite! (5/5)	DS	9:30 – 11	5–in–1 Joy Class	ART-S	9 – 10	* Aerobic Dancing - Lite!	DS	9:30 – 12:30	* Discover your Inner Artist with Oil or					
				9 – 11	Blood Pressure Screenings	Lobby	9:30 – 11:30	* Oriental Sumi-e Painting	MP	10 – 11:15	* Yoga: Int./Adv. (5/7)	AUD	Acrylic (5/8)	MP					
	9:30 – 10:30	* Mindful Music (5/4)	DS	9:30 – 11:30	Line Dancing – Int./Adv.	AUD	10:45 – 11:45	* Better Balance & Mobility	DS	10 – 12	Audiomobile	LOBBY	10:30 – 11:30	* Zumba Gold (5/1)	ACT				
	11 – 12	* Better Balance & Mobility (5/4)	AUD	9:45 – 10:45	* Live Long: Do Qigong (5/5)	DS	12:30 – 4:30	Mah Jongg	GR	1 – 3	PC Users Group		11 – 12	* Tappercize (5/1)	DS				
	11 – 12	* Zumba Gold (5/4)	ACT	12:30 – 4	Ping Pong	ACT	1 – 4	Sewing & Quilting Group	MP	(2nd, 3rd & 4th Thursdays)		ACT	12:30 – 4	Party Bridge	AUD				
	12:30 – 2	Line Dancing – Beg	AUD	12:30 – 4	Bingo	AUD	2 – 4:30	Hawaiian Dance – Beg./Int.	DS	3:45 – 4:45	* Chair Yoga (5/28)	DS	12:30 – 4	Ping Pong	ACT				
	1 – 2	* Better Balance & Mobility (5/4)	DS	1 – 4	Chess	DS							12:45 – 2:30	Hawaiian Dance – Adv	DS				
	3 – 4	* Gentle Yoga (5/18)	DS	1 – 4	Writing Our Lives	ART-S													
	3 – 4:15	* Yoga: Intermediate (5/4)	AUD																
3 – 5	* Ceramics – Introductory (5/4)	ART-S																	
* PC Lab Hours – Check with front desk				* PC Lab Hours – Check with front desk				* PC Lab Hours – Check with front desk				* PC Lab Hours – Check with front desk							
												9:30 – 11:30 9:45 – 10:45 11 – 12 Discussion Group ** Body Conditioning for Seniors TRY WITHOUT RISK! * Tappercize ART-S AUD DS							
9 – 10:30 9:45 – 10:45 10 – 12 1 – 3 11 – 12 Primordial Sound Meditation (Intro 9 – 9:30) ** Body Conditioning for Seniors * Understanding Your Computer * Internet & Email Fundamentals TRY WITHOUT RISK! * Zumba Gold ACT 4				10 – 1 * Elder Law Legal Assistance CR 5				9:45 – 10:45 ** Body Conditioning for Seniors AUD 6				1:30 – 3:30 Monthly Dance: The Vidals AUD 7				9:45 – 10:45 10:30 – 12 ** Body Conditioning for Seniors Stamp Collectors Meet AUD ART-S 8			
9:30 – 10:30 9:45 – 10:45 10 – 12 1 – 2:30 1 – 3 Freestyle Dancing ** Body Conditioning for Seniors * Digital Pictures and Your Computer Book Club: “The Boys in the Boat,” by Daniel Brown * Advanced Internet/Email ACT AUD COM MP COM 11				9 – 12 * HICAP Health Insurance Counseling CR 12				9:30 – 11:30 9:45 – 10:45 12:15 – 1 * Diet & Nutrition Counseling ** Body Conditioning for Seniors Caring Paws Dog Therapy Visits 120 AUD Lobby 13				9 – 11:30 10 – 12 12 – 1 1 – 3 * Fun with Watercolor Social Security Assistance Drumming & Rhythm for Fun and Health Monthly Movie: “St. Vincent” ART-S 120 ART-S AUD 14				9:30 – 11:30 9:45 – 10:45 Discussion Group ** Body Conditioning for Seniors ART-S AUD 15			
10 – 12 1 – 3 * Digital Pictures and Your Computer * Advanced Internet/Email COM COM 18				9 – 12 10 – 3 1 – 3 * HICAP Health Insurance Counseling * Ask an Attorney Armchair Theatre: “The Good Witch” CR 120 LG 19				20				9 – 11:30 10 – 11:15 12:30 – 4:30 1 – 3 * Fun with Watercolor Seminar: Maximizing Your Brain Health * AARP Smart Driver Program Monthly Movie: “Wild” ART-S ACT ART-S AUD 21				22			
Memorial Day Senior Center closed 25				10:30 – 11:30 The Five Wishes Workshop ACT 26				10 – 11 TBD 11 – 11:40 12:15 – 1 1 – 2 1 – 2 Wi-Fi and Bluetooth – NEW! Walk Carlsbad’s Coastal Rail Trail * Brain Games with lunch Caring Paws Dog Therapy Visits Photoshop – Selections & Compositing Spring Violin and Piano Concert ACT PARK DN Lobby ACT AUD 27				9 – 11:30 10 – 12 10 – 11:30 12:30 – 4:30 1 – 2 2:15 – 3:15 3 – 4 * Fun with Watercolor Social Security Assistance Seminar: Stroke Prevention * AARP Smart Driver Program * Tai Chi: Adv * Tai Chi: Beg Senior Commission Meeting ART-S 120 ACT ART-S DS DS DN 28				9:30 – 11:30 Discussion Group ART-S 29			

Memorial Day
Senior Center closed

TRANSPORTATION SERVICES

- Daily lunch program at the Carlsbad Senior Center
- Medical appointments, excluding ongoing therapy
- Requested donation is \$2 each way
- Registration and transportation reservations are required.
- Shopping at Walmart and Stater Bros./Trader Joes is available on alternating Wednesdays after lunch.
- Call 760-602-4650 for reservations and schedule information.

Get the Newsletter Direct to Your Email Help us save printing costs by subscribing to the newsletter online.
Go to www.carlsbadca.gov/parksandrec, and click the email notifications button. Then select Parks and Recreation:
News & Events for Adults 50+. Visit the front desk for more information.

SATURDAY CLASSES AND ACTIVITIES

May 2 & 9	9 – 12:30	Ping Pong	ACT
May 9	9:15 – 10:45	Camera Crash Course	MP
May 9	11:15 – 12:45	* Photo Club Tutorial: Landscape	MP
May 16	9:15 – 11:15	* Photography - Beginning	MP
May 16	10 – 11:30	* Crafting with Ana: Flowers and Butterfly Collages	LG